

# Life Skills Ties

Domain: Character

Level: 5-12

Gasp

Materials: None



Divide into groups of about 5. Instruct participants to line up. At a signal given by you, the first person in each group will take a deep breath and hold it as long as possible. Before he releases his breath, he must tap the next person in line who will take a deep breath and hold it, etc. See which group can hold "their" breath the longest.

Questions for discussion:

What is your level of endurance?

What determines how long you will hold onto something?

How could you increase your endurance?